

# Self Manual Lymph Drainage for Your Left Arm

This routine will help you move the swelling out of your left arm.

- Do these motions while lying on your back or seated with your affected arm raised on pillows.
- Do these each day before you apply your short stretch compression bandages or compression sleeve.
- Use a flat hand doing light strokes while stretching the skin to move the lymph fluid.
- Do \_\_\_\_\_ strokes in each area every day.
- Do more of these movements in areas of extra swelling (edema).

## 1. Clear Neck



A



B



C



D



E

- Make circles above your collarbone. If instructed by your therapist, do both sides at the same time crossing your hands. (A)
- Make circles under your ear lobes. (B)
- Make circles midway between your ear and collarbone. (C)
- Look over each shoulder both ways. (D and E)

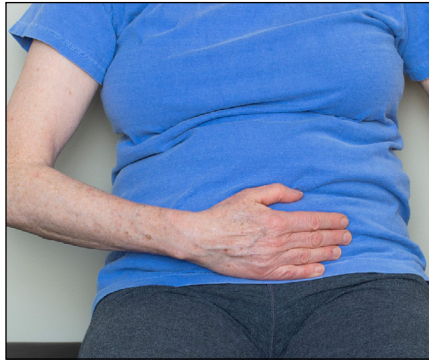
(over)

## 2. Shoulder Roll



- Slowly roll your shoulders backward.
- Squeeze your shoulder blades, making a circle, without moving your neck.
- After doing a set backward, reverse and roll your shoulders forward.

## 3. Clear Abdomen



- Put your hand on your abdomen.
- Inhale (breathe in) through your nose, letting your stomach expand while applying gentle resistance.
- Exhale (breathe out) through your mouth with pursed lips, as the stomach flattens.
- Take 5 slow deep breaths.

## 4. Clear Right Armpit



- Make circles in your right armpit.

## 5. Clear Left Armpit



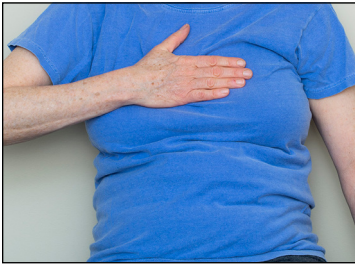
- Make circles in your left armpit.

## 6. Clear Left Groin

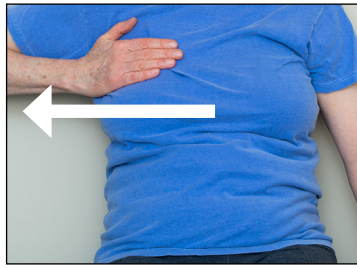


- Make circles in your left groin.

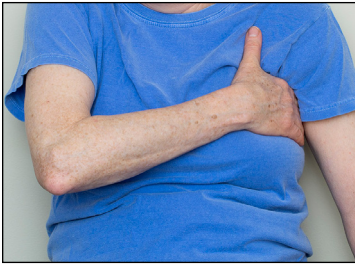
## 7. Clear Chest



**A**

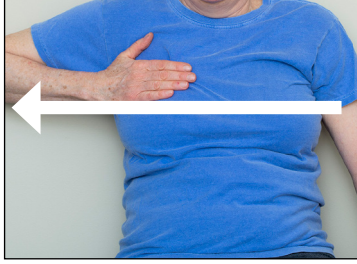


**B**



**C**

- Stroke from the middle of your chest to your right armpit. (A and B)



**D**

- Stroke across your chest from your left armpit to the right armpit (C and D).

## 8. Clear Left Trunk



**A**



**B**

- Stroke from your waist to your groin. (A)
- Make a full stroke on your left trunk from your armpit to your groin. (B)

## 9. Clear Left Arm



**A**



**B**



**C**



**D**



**E**

- Stroke the front side of your arm from your elbow to your armpit. (A)
- Stroke the back side of your arm from your elbow to the back of your armpit. (B)
- Make circles in your elbow crease. (C)
- Stroke the front side of your forearm from your wrist to your elbow. (D)
- Stroke the back side of your arm from your wrist to your elbow. (E)

## 10. For Finger and Hand Swelling



**A**

- Stroke the back of your hand from your knuckles toward your wrist. (A)



**B**

- Stroke the sides of your fingers from the tip to the base of your hand. (B)

## 11. Full Arm Stroke



- Stroke your full arm from the top of your hand to your armpit.

## 12. Deep Breathing



- End the routine with several deep breaths.